CLAIMS

1. A sewing thread containing 30% by weight or more of a poly(trimethylene terephthalate)-based staple fiber, and showing a breaking elongation of 30 to 100% and an instantaneous elastic recovery at a 5% elongation of 30 to 75%.

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- 2. The sewing thread according to claim 1, wherein the elastic recovery at a 20% elongation is 60% or more.
- 3. A sewing thread according to claim 1, wherein the elastic recovery at a 30% elongation is 60% or more.
- 4. Sewn fabric articles wherein the seams of the sewn fabric articles are formed with the sewing thread according to any one of claims 1 to 3.
- 5. The sewn fabric articles according to claim 4, wherein the sewn fabric articles are stretchable ones.